

# Chicken Kabobs "Finger Food"

**Makes:** 30 or 60 servings

Ingredients	30 Servings		60 Servings	
	Weight	Measure	Weight	Measure
Olive oil		1/4 cup		1/2 cup
Lemon juice		1 cup		2 cups
Tomatoes, cherry, sliced		30		60
Onion, chopped		2 cups		4 cups
Green bell pepper, chopped		2 cups		4 cups
Black pepper		4 tsp		8 tsp
Chicken, boneless, skinless, cut in chunks	4 lbs		8 lbs	

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>129</b>	
Total Fat	4 g	
Protein	19 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	186 mg	

## Directions

1. Preheat oven to 325 degrees F.
2. Slice chicken into 1" cubes.
3. Mix, olive oil, lemon, juice, and black pepper. Pour over chicken. Allow to marinate for at least one hour.
4. Use wooden or metal skewers to thread tomato, chicken, onion, and bell pepper. Repeat until skewer is full (use roughly 1/4 cup chicken cubes and 1/4 cup mixed vegetables per skewer).
5. Repeat for other skewers.
6. Bake at 325 degrees F for about 15 minutes, check and turn. Continue to bake until chicken is cooked thoroughly.

## Notes

Serving Tips:

Kabobs are a fun way to get kids to eat their vegetables because they can eat with their hands. Use any type of fruit or vegetable you like.